



ASPIRE • BELIEVE • ACHIEVE



Curriculum Overview: PE

| Year 7 Autumn Term 1 | | | |
|--|---|---|--|
| What are we learning? | What knowledge, understanding and skills will we gain? | What does excellence look like? | What additional resources are available? |
| <ul style="list-style-type: none">• Fitness/XC• Rugby (boys)• Basketball• Netball (girls) | <p>Knowledge</p> <ul style="list-style-type: none">• Acute effects of exercise• Basic rules of rugby• Basic rules of BB• Basic rules of netball <p>Understanding</p> <ul style="list-style-type: none">• Teamwork• Learning to win and lose <p>Skills</p> <ul style="list-style-type: none">• Pacing• Passing• Scoring | <p>Ability to understand importance of exercise therefore bring kit to every lesson and take part.</p> <p>The ability to compete within school teams and impact on games.</p> <p>Applying knowledge to a GCSE style question.</p> <p>A clear effort to consolidate knowledge and understanding via activities such Q & A within lessons</p> | <p>BBC Bitesize</p> <p>http://www.afpe.org.uk/physical-education/new-online-videos-for-pe-core-activities/</p> <p>Youtube rules of games.</p> <p>https://www.brianmac.co.uk/</p> |

Curriculum Overview: PE

| Year 8 Autumn Term | | | |
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| What are we learning? | What knowledge, understanding and skills will we gain? | What does excellence look like? | What additional resources are available? |
| <ul style="list-style-type: none"> • Fitness/XC • Rugby (boys) • Basketball • Netball (girls) | <p>Knowledge</p> <ul style="list-style-type: none"> • Long term effects of exercise • Develop rules of rugby • Develop rules of BB • Develop rules of netball <p>Understanding</p> <ul style="list-style-type: none"> • Teamwork • Learning to win and lose • Taking warm ups, ref/umpire of games <p>Skills</p> <ul style="list-style-type: none"> • Pacing • Passing • Scoring • Positions • Impacting on games | <p>Ability to understand importance of exercise therefore bring kit to every lesson and take part. Understand the long term benefits of exercise.</p> <p>The ability to compete within school teams and impact on games.</p> <p>Applying knowledge to a GCSE style question.</p> <p>A clear effort to consolidate knowledge and understanding via activities such Q & A within lessons</p> | <p>BBC Bitesize</p> <p>http://www.afpe.org.uk/physical-education/new-online-videos-for-pe-core-activities/</p> <p>Youtube rules of games.</p> <p>https://www.brianmac.co.uk/</p> |

Curriculum Overview: PE

| Year 9 Autumn Term | | | |
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| What are we learning? | What knowledge, understanding and skills will we gain? | What does excellence look like? | What additional resources are available? |
| <ul style="list-style-type: none"> • Fitness/XC • Football • Basketball • Sports leadership (1st Btec unit) | <p>Knowledge</p> <ul style="list-style-type: none"> • Long term effects of exercise and importance to own healthy lifestyle • Enforce rule rules of each sport • Effective communication <p>Understanding</p> <ul style="list-style-type: none"> • Teamwork/how to talk to groups • Different activities effect different individuals • Taking groups/sessions, ref/umpire of games <p>Skills</p> <ul style="list-style-type: none"> • Explaining Pacing • Exploring range of Passing • Impacting on Scoring • Coaching/captain of Positions • Impacting on games | <p>Understand the long term benefits of exercise and contributing to every PE lesson.</p> <p>The ability to compete within school teams or represent the school and impact on games/activities.</p> <p>Applying knowledge to a Btec/GCSE style question.</p> <p>A clear effort to communicate and discuss knowledge and understanding via activities such Q & A within lessons.</p> | <p>BBC Bitesize</p> <p>http://www.afpe.org.uk/physical-education/new-online-videos-for-pe-core-activities/</p> <p>Youtube rules of games.</p> <p>https://www.brianmac.co.uk/</p> <p>Btec Cambridge Sports</p> <p>Doodle</p> |

Curriculum Overview: PE

| Year 10/11 Autumn Term | | | |
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| What are we learning? | What knowledge, understanding and skills will we gain? | What does excellence look like? | What additional resources are available? |
| <ul style="list-style-type: none"> • Football • Trampoline • Badminton • BB • Btec Sport • Some cross country groups dedending. | <p>Knowledge</p> <ul style="list-style-type: none"> • Actively apply long term effects of exercise and healthy living to their lifestyles • Continue to develop rules • Lead full sessions • Contemporary issues in sport • Develop sports skills <p>Understanding</p> <ul style="list-style-type: none"> • Body systems • Class management • Taking sessions, ref/umpire of games <p>Skills</p> <ul style="list-style-type: none"> • Safe practise • Subject knowledge • Captain/coach Positions • Impacting on games | <p>Ability to understand importance of exercise therefore bring kit to every lesson and take part. Understand the long term benefits of exercise and how to implement these into a healthy lifestyle.</p> <p>The ability to compete within school teams and impact on games. Or take part in organising events, helping lower years in events.</p> <p>Applying knowledge to a Btec/GCSE style question.</p> <p>Confidence to talk to a small group of people and create own ideas of parts of sessions.</p> <p>Explore topical issues, values, ethics and behaviours in current and past sporting examples.</p> | <p>BBC Bitesize</p> <p>http://www.afpe.org.uk/physical-education/new-online-videos-for-pe-core-activities/</p> <p>Youtube rules of games.</p> <p>https://www.brianmac.co.uk/</p> <p>Sports science and sports studies.</p> <p>Begin to read own material on line or from the library.</p> |

Curriculum Overview: PE

| Year 11 (*Alt Provision Enable group) Autumn Term | | | |
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| What are we learning? | What knowledge, understanding and skills will we gain? | What does excellence look like? | What additional resources are available? |
| <ul style="list-style-type: none"> Active for life (Classroom and practical base for pupils that refuse to bring PE kit) <p>*First 15 sessions 1 ParQ 2 RA 3 Looking at current level of fitness and national average 4 Power 5 Co-ordination 6 Reaction 7 Agility 8 Balance 9 Speed 10 Muscular endurance 11 Muscular Strength 12 Flexibility 13 VO2 Max 14 BMI 15 – Analysis of data against national trends.</p> | <p>Knowledge</p> <ul style="list-style-type: none"> Importance of an active health lifestyle Benefits of exercise Different ways to be fit Understanding your level of fitness <p>Understanding</p> <ul style="list-style-type: none"> Components of fitness Methods of training Fitness tests <p>Skills</p> <ul style="list-style-type: none"> Setting up tests/training session Planning tests/training session Completing ParQ and RA Leading a session | <p>Ability to understand importance of lifelong benefits of exercise.</p> <p>Making own life choices to change levels of health and fitness</p> <p>Being able to plan and set up test/training sessions.</p> <p>Ability to understand data of results and steps to improve the results.</p> <p>Applying knowledge to a Btec/GCSE style question.</p> <p>Confidence to talk to a small group of people and create own ideas of parts of sessions.</p> <p>Explore topical issues, values, ethics and behaviours in current and past sporting examples.</p> | <p>BBC Bitesize</p> <p>http://www.afpe.org.uk/physical-education/new-online-videos-for-pe-core-activities/</p> <p>Youtube rules of games.</p> <p>https://www.brianmac.co.uk/</p> <p>Sports science and sports studies.</p> <p>Begin to read own material on line or from the library.</p> <p>Active for life resources on workshare.</p> |